



## Auburn

### Auburn Farmers' Market

67 Mill Street

Tue 4-7

(207)320-1969

*Valley View Farm*

### Unitarian Universalist Farm Stand

169 Pleasant Street

Sun 11-12

## Bath

### Bath Farmers' Market

100 Commercial Street

Sat 8:30-12

(207)512-2234

*Fresh Start Farms - Abukar Family Farm, Goranson Farm, Dharma Farm, Beth Hawkes Farm And Greenhouse*

## Brunswick

### Brunswick Farmers' Market

Maine Street and Park Row

Tue, Fri 8-2

*Spears Vegetable Farm, Whatley Farm Llc, Applewald Farm*

### Crystal Springs Farmers' Market

277 Pleasant Hill Road

Sat 8:30-12:30

*Spears Vegetable Farm, Whatley Farm Llc, Cranberry Rock Farm, Applewald Farm*

## Lewiston

### Kennedy Park Farmers' Market

27 Pine St

Tue 2-6

*Fresh Start Farms - Ahmed Abukar, Fresh Start Farms - Up-Up Vegetable Farm, Fresh Start Farms - Cultivating Community, Fresh Start Farms - Dahira Ali, Fresh Start Farms - Khadija Hilowle, Fresh Start Farms - Marian Ibrahim, Fresh Start Farms - Ali Sheick*

## Lewiston

### Lewiston Farmers Market

55 Bates Mill Complex

Sun 10-2

(207)219-9090

*Chirp Creek Farm*

### Lewiston Farmers' Market

Main and Lincoln Street

Sun 10-2

(207)375-4486

*Fresh Start Farms - New Roots Cooperative Farm, Fresh Start Farms - Seynab's Family Farm, Jillson's Farm, Valley View Farm, Verrills Vegetable Stand*

## Sabattus

### Jillsons Farm

143 Jordan Bridge Road

Daily 9-6

(207)375-4486

### Willow Pond Farm

395 Middle Road

Daily 9-6

(207)375-6662



## Using WIC Farmer's Market Checks Bring Your:

- \* ID (personal identification)
- \* WIC folder/ Participant Booklet
- \* A box or bag to carry the produce

### At the market:

- \* Look for WIC signs. Those farmers accept WIC checks.
- \* If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC checks.
- \* Feel free to shop around before using your checks.
- \* Enjoy the outdoors and music!

### Important

- \* You can use more than one check at a time.
- \* The farmer cannot give money back for the checks.
- \* You can use your own money if the total is more than the WIC check.

MAINE WIC NUTRITION PROGRAM					Department of Health and Human Services 111 State, Augusta, Maine 04333-1300 • 207.553.5800 • www.wicmaine.com	
NAME OF PARTICIPANT		FIRST DAY TO USE		LAST DAY TO USE		
SAMPLE CHECK		3/23/2016		4/22/2016		
CHECK NUMBER		03356297				
PARTICIPANT ID	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE		
10043571						
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):			AMOUNT			
\$11.00 For Fresh, Frozen or Canned Fruits &/or Vegetables XXX END OF ORDER XXX			\$ 10.57			
			DEPOSIT WITHIN 90 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR			
			X WIC Customer			
			SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PROXY			
			VENDOR STAMP			

- \* Monthly WIC fruit and vegetable checks can also be used with WIC farmers.
- \* You can use SNAP benefits to pay for items at many markets and stands.

For more information about WIC call **207.553.5800**  
or visit [WICforME.com](http://WICforME.com)

## 10 Reasons to Eat Locally Grown

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis of race, color, sex, age, disability, religion or national origin.

the  
Opportunity  
Alliance



2020

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LA/ Bath  
Brunswick  
Farmers'  
Market Guide

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